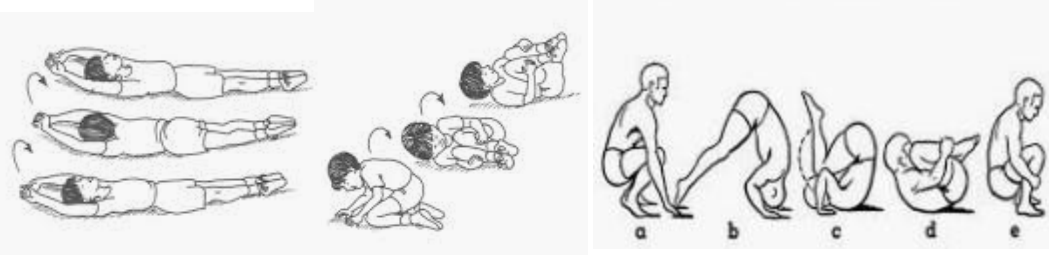


# Key Knowledge

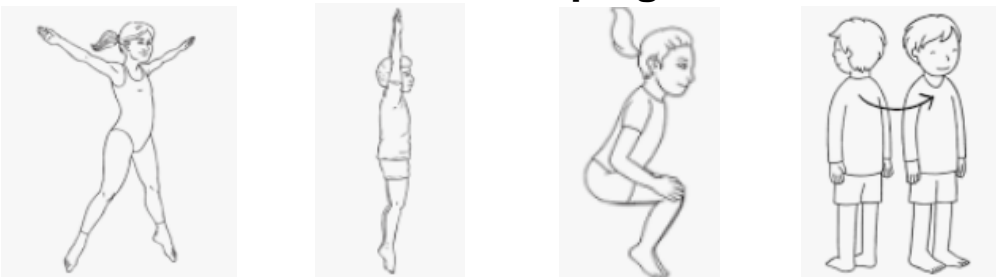
**Pupils will be taught to: (NC REF)**

- Create routines with up to 8 elements: change of direction, rolling actions, travelling, counter balances, counter tension balances, jumps and clear body shape.
- Choose appropriate skills to suit the performance.
- Link movements in a routine together smoothly, with precision and accuracy.
- Apply routines to a range of apparatus, moving at different heights.
- Develop flexibility, strength, technique, control and balance.

### Rolling



### Jumping



### Balancing



# Key Vocabulary

<b>Sequence</b>	The order of movements within a routine.
<b>Routine</b>	When lots of shapes and movements join together to make a dance.
<b>Balance</b>	To stay steady or still on a position or a shape.
<b>Control</b>	To dance without losing your balance, change the speed and direction you move.
<b>Direction</b>	The way you move: Forwards, backwards, sideways, up and down.
<b>Body Shape</b>	Shapes created through the position of the body.
<b>Travel</b>	How the performer decides to move within a routine on hands and feet.
<b>Fluency</b>	To be able to move with ease and gracefulness.
<b>Body tension</b>	Tensing muscles to create a stable shape.
<b>Point Balance</b>	When a balance is performed on a number of points of the body.
<b>Roll</b>	To move in a direction using a particular body shape.
<b>Safety</b>	Making sure the environment around and techniques are performed properly.

# Gymnastics focus

Gymnastics is a sport that includes exercises requiring **balance, strength, flexibility, agility, coordination, and endurance.**

Elite gymnasts compete at the **Olympics, Commonwealth Games, World and European Championships.**



## Y3 Assessment

- I can use many different travelling movements to move confidently around the space.
- I can perform different types of rolls; pencil, egg, forward & teddy bear with control and success.
- I can perform confidently when jumping from apparatus to any shape and land safely.
- I can perform a range of balances such as frog, bird pose, shoulder stand and japana flat
- I can perform a sequence of 7 or more skills including jumps, rolls & ways of travelling



